

REFLECTIONS - JANUARY 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



<p>6</p> <p>9:00 Morning Stretch 9:30 Caring and Sharing 10:00 Spiritual Pathways 11:00 Remember When 1:00 Weekend Trivia 2:00 Change of Seasons Chat 3:00 Balloon Volleyball 6:00 Pencil Art</p>	<p>7</p> <p>9:00 Rise and Shine Chat 10:00 Morning Stretch 10:30 Ball Toss to Oldies 11:00 Town History Talk 1:00 Sing Along With Susie Q 2:00 Bingo Time 3:00 Old Hollywood Memories 6:00 Monday Night Movie</p>	<p>1 HAPPY NEW YEAR</p> <p>9:00 Morning Meet & Greet 9:30 Tai Chi Time 10:00 Reminisce with Friends 10:30 Catholic Mass 11:00 Rhyme Time 1:00 Afternoon Word Game 3:00 Popcorn Bucket toss 6:00 Faces And Places</p>	<p>2</p> <p>9:00 Morning Meet and Greet 9:30 Chair Yoga 10:00 Scenic Ride 11:15 Look- and- Lace 1:00 Caring and Sharing 2:00 Hot Cocoa Social 3:00 Basketball Buddies 6:00 Evening At The Cinema</p>	<p>3</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>4</p> <p>9:00 Morning Meet & Greet 9:30 Weekly Errands Ride 10:30 Sharpen Your Senses Game 11:00 Ball Toss to the Oldies 1:00 Caring and Sharing 2:00 Chris Waters Concert 3:00 Refreshment Social 6:00 Sing Along with Susie Q</p>	<p>5</p> <p>9:00 Rise & Shine 9:30 Nail Spa Social 10:30 Chicken Soup 11:00 Bean Bag Toss 1:00 Movie Matinee 3:00 Words Within a Word 5:30 Trivia & Reminiscence 6:00 Caring and Sharing</p>
<p>13</p> <p>9:00 Morning Stretch 9:30 Caring and Sharing 10:00 Spiritual Pathways 11:00 Remember When 1:00 Weekend Trivia 2:00 Change of Seasons Chat 3:00 Balloon Volleyball 6:00 Pencil Art</p>	<p>14</p> <p>9:00 Rise and Shine Chat 10:00 Morning Stretch 10:30 Ball Toss to Oldies 11:00 Town History Talk 1:00 Sing Along With Susie Q 2:00 Bingo Time 3:00 Old Hollywood Memories 6:00 Monday Night Movie</p>	<p>8</p> <p>9:00 Morning Meet & Greet 9:30 Tai Chi Time 10:00 Reminisce with Friends 10:30 Catholic Mass 11:00 Rhyme Time 1:00 Afternoon Word Game 3:00 Popcorn Bucket toss 6:00 Faces And Places</p>	<p>9</p> <p>9:00 Morning Meet and Greet 9:30 Chair Yoga 10:00 Scenic Ride 11:15 Look- and- Lace 1:00 Caring and Sharing 2:00 Hot Cocoa Social 3:00 Basketball Buddies 6:00 Evening At The Cinema</p>	<p>10</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>11</p> <p>9:00 Morning Meet & Greet 9:30 Weekly Errands Ride 10:30 Sharpen Your Senses Game 11:00 Ball Toss to the Oldies 1:00 Caring and Sharing 2:00 Billy Couto Concert 3:00 Refreshment Social 6:00 Sing Along with Susie Q</p>	<p>12</p> <p>9:00 Rise & Shine 9:30 Nail Spa Social 10:30 Chicken Soup 11:00 Bean Bag Toss 1:00 Movie Matinee 3:00 Words Within a Word 5:30 Trivia & Reminiscence 6:00 Caring and Sharing</p>
<p>20</p> <p>9:00 Morning Stretch 9:30 Caring and Sharing 10:00 Spiritual Pathways 11:00 Remember When 1:00 Weekend Trivia 2:00 Change of Seasons Chat 3:00 Balloon Volleyball 6:00 Pencil Art</p>	<p>21</p> <p>9:00 Rise and Shine Chat 10:00 Morning Stretch 10:30 Ball Toss to Oldies 11:00 Town History Talk 1:00 Sing Along With Susie Q 2:00 Bingo Time 3:00 Old Hollywood Memories 6:00 Monday Night Movie</p>	<p>15</p> <p>9:00 Morning Meet & Greet 9:30 Tai Chi Time 10:00 Reminisce with Friends 10:30 Catholic Mass 11:00 Rhyme Time 1:00 Afternoon Word Game 3:00 Popcorn Bucket toss 6:00 Faces And Places</p>	<p>16</p> <p>9:00 Morning Meet and Greet 9:30 Chair Yoga 10:00 Scenic Ride 11:15 Look- and- Lace 1:00 Caring and Sharing 2:00 Hot Cocoa Social 3:00 Basketball Buddies 6:00 Evening At The Cinema</p>	<p>17</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>18</p> <p>9:00 Morning Meet & Greet 9:30 Weekly Errands Ride 10:30 Sharpen Your Senses Game 11:00 Ball Toss to the Oldies 1:00 Caring and Sharing 2:00 Mark Olsen Concert 3:00 Refreshment Social 6:00 Sing Along with Susie Q</p>	<p>19</p> <p>9:00 Rise & Shine 9:30 Nail Spa Social 10:30 Chicken Soup 11:00 Bean Bag Toss 1:00 Movie Matinee 3:00 Words Within a Word 5:30 Trivia & Reminiscence 6:00 Caring and Sharing</p>
<p>27</p> <p>9:00 Morning Stretch 9:30 Caring and Sharing 10:00 Spiritual Pathways 11:00 Remember When 1:00 Weekend Trivia 2:00 Change of Seasons Chat 3:00 Balloon Volleyball 6:00 Pencil Art</p>	<p>28</p> <p>9:00 Rise and Shine Chat 10:00 Morning Stretch 10:30 Ball Toss to Oldies 11:00 Town History Talk 1:00 Sing Along With Susie Q 2:00 Bingo Time 3:00 Old Hollywood Memories 6:00 Monday Night Movie</p>	<p>22</p> <p>9:00 Morning Meet & Greet 9:30 Tai Chi Time 10:00 Dave Valerio Concert 10:30 Catholic Mass 11:00 Rhyme Time 1:00 Afternoon Word Game 3:00 Popcorn Bucket toss 6:00 Faces And Places</p>	<p>23</p> <p>9:00 Morning Meet and Greet 9:30 Chair Yoga 10:00 Scenic Ride 11:15 Look- and- Lace 1:00 Caring and Sharing 2:00 Hot Cocoa Social 3:00 Basketball Buddies 6:00 Evening At The Cinema</p>	<p>24</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>25</p> <p>9:00 Morning Meet & Greet 9:30 Weekly Errands Ride 10:30 Sharpen Your Senses Game 11:00 Ball Toss to the Oldies 1:00 Caring and Sharing 2:00 Gary Farias Concert 3:00 Refreshment Social 6:00 Sing Along with Susie Q</p>	<p>26</p> <p>9:00 Rise & Shine 9:30 Nail Spa Social 10:30 Chicken Soup 11:00 Bean Bag Toss 1:00 Movie Matinee 3:00 Words Within a Word 5:30 Trivia & Reminiscence 6:00 Caring and Sharing</p>
<p>31</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>30</p> <p>9:00 Morning Meet and Greet 9:30 Chair Yoga 10:00 Scenic Ride 11:15 Look- and- Lace 1:00 Caring and Sharing 2:00 Hot Cocoa Social 3:00 Basketball Buddies 6:00 Evening At The Cinema</p>	<p>29</p> <p>9:00 Morning Meet & Greet 9:30 Tai Chi Time 10:00 Reminisce with Friends 10:30 Catholic Mass 11:00 Rhyme Time 1:00 January Birthday's 3:00 Popcorn Bucket toss 6:00 Faces And Places</p>	<p>31</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>	<p>31</p> <p>9:00 Morning Meet and Greet 9:30 Tai Chi 10:00 Laughing Therapy 11:00 Noodle Baseball 1:00 Music in Motion 2:00 Moths in The Attic 3:00 Penny Ante Game 6:00 Trivia and Reminiscence</p>		

January Happenings:

- 1/4: Chris Waters
- 1/11: Billy Couto
- 1/18: Mark Olsen
- 1/24: Bruce Hambro presents Frank Sinatra on Traditional 2pm
- 1/25: Gary Farias
- 1/29 January Birthday Celebration

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.

Events are subject to change.